

# In Touch e-Newsletter

Thursday, 16<sup>th</sup> June 2016  
Volume 2016 Issue 18



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## DIARY DATES

### FRI, 17 JUNE

Interschool Sport vs Holy Rosary @ Home

Vern's piano Soiree 5.30pm in hall

### MON, 20 JUNE

School Council Meeting in staffroom 7pm

### TUE, 21 JUNE

Term 2 Chess last day

### WED, 22 JUNE

Mid Year Instrumental Music Concert

BBQ at 5.00pm & Concert at 6.30pm

All ensembles to perform

### FRI, 24 JUNE

Last Day Term 2 – Finish at 1.30

### MON, 11 JULY

Curriculum Day – No School

### TUE, 12 JULY

Start Term 3

### WED, 13 JULY

Grade 1/2 AFL Clinic 11.30am to 1.30pm

### THUR, 14 JULY

State Cross Country @ Brimbank

### TUE & WED, 19 & 20 JULY

Parent Teacher Interviews 3.45-7.00pm

### TUE, 19 JULY

Term 3 Chess begins

### WED, 20 JULY

Grade 1/2 AFL Clinic 11.30am to 1.30pm

### THUR, 21 JULY

Grade 3/4 MCG Excursion

### FRI, 22 JULY

Winter Sport Division Finals

### MON, 25 JULY

School Council Meeting in staffroom 7pm

### WED, 27 JULY

Grade 1/2 AFL Clinic 11.30am to 1.30pm

### THUR, 28 JULY

NMFC Grade 3/4

### THUR, 4 AUGUST

NMFC Grade 3/4

### TUE, 9 AUGUST

Whole School Photo

### THUR, 11 AUGUST

NMFC Grade 3/4

### MON, 22 AUGUST

School Council Meeting in staffroom 7pm

# BE YOUR BEST

Be Safe, Be Kind, Be Respectful, Be Ready To Learn

## TONIGHT!

### Parent Forum 'The role of tools and devices at Flemington PS'

Thursday 16<sup>th</sup> of June at 6:00pm in the Year 5/6 space (above the Prep rooms)

This session is for **all interested families in Prep to 6**, as it is not just about iPads but the establishment of 'Collaborative teams' and how teachers work together to ensure that we are providing the best learning experiences for all students.

#### Agenda:

- Introduce the structure Collaborative teams at FPS, which builds the professional capabilities of our teachers in order to provide a consistent and high performing learning environment.
- How 'tools and devices' fit into this structure.
- Moving forward:
  - Goals for the remainder of 2016
  - Goals for 2017
- Questions/feedback

Thank you to the parents that have contacted the school with questions and suggestions regarding the forum.

Hope that you are able to join us!

## Acting Principal's Report

Alex Artavilla

### Key reminders

- **Join Tiqbiz!** Currently we have 91 people!
- **Assembly 2:40pm**
- **Last day of Term Two 24<sup>th</sup> of June 1:30pm**
- **Term Three commences on Tuesday 12<sup>th</sup> of July**

Dear Parents and Carers,

### Community Celebration! Feed Flemington 2016!

Congratulations to the 3/4 students and staff for organising such an amazing event last week. It was a great celebration of learning and also highlighted the diversity of the school through the spread of delicious home cooked food that was on offer on the night!

The lead up to the event was a flurry of activity as the Year 5/6 classrooms were transformed into a '5 star' restaurant thanks to the support of many staff and parent helpers. Huge thank you to the parents and staff that gave up their time to assist the 3/4 students and teachers in the lead up to the event and at the end of the night. The students need to be extremely proud of their 'Food and Fibre' presentations, which they shared with other families after everyone had the chance to enjoy dinner.

Thank you so much to the families of the students involved for supporting the event.

### **Our Big School Survey**

Thank you once again to all the families that returned the yellow 'Our Big School Survey'. We received over 90 responses which highlight how much the community cares about the school. The results from the survey will be used to make Flemington Primary School an even better place for the students to learn and play. An important part of the survey was to identify what everyone likes about the school. The reason that I believe that this is so important is because it highlights what the school is doing well so that they continue to focus on enhancing these areas.

From the survey results received, the main things that parents like about the school include:

- The teachers and staff – professional and caring
- Great sense of community
- Extra curricula activities
- Diversity of school community
- The music program

From the survey results received there were many ideas to make the school an even better place. However, the overwhelmingly single response was the need to improve 'Communication'.

All information and ideas received from the survey will be considered and discussed further by the leadership team, staff and school council.

I'm looking forward to sharing actions that the school will be taking in the future months to further enhance the climate and culture of Flemington PS.

### **Final week of Term Two**

Next week is the final week of Term Two. Reminder that on the last day of Term Two students finish school at 1:30pm.

Hope everyone had a great week.

Alex Artavilla  
Acting Principal  
Flemington PS

### **School Council Report**

School Council will convene at 7pm on Monday 20 June 2016 in the staffroom.

Business discussed for the evening will include:

- Recommendations presented to School Council from the 'Working Party' established to review the draft standing orders (for the conduct of Council business);
- Approval of financial reports;
- Approving school sponsorship policy (to regulate solicitation and acceptance by the School of paid advertising and sponsorship).
- Seeking feedback from Council members regarding the school's 'Pedagogical Framework';
- Discuss the establishment of a 'Multicultural/Diversity' working party.

Visitors are more than welcome to attend council meetings, although parts of the meeting may be closed depending upon the subject matter.

## Pupil of the Week

Week beginning 13 June 2016

Grade	Student	Reason
Prep G	Camilla C	Camilla is a kind and thoughtful friend who always makes sure everyone is included at play time.
Prep MC	Levi R	Being caring and thoughtful towards other students in the class.
Prep W	Wellington A	Working so hard throughout semester 1 to understand and follow classroom rules and routines. Well done!
1A	Shukri C	Listening to instructions so that she always knows to do.
1K	Miles G	Focusing on his work and finishing it in a timely manner.
1P	Zarha N	Putting her hand up to ask questions.
1R	Abdullahi A	Showing good manners and kindness to his classmates. Abdullahi is a respectful friend and works well with others.
2I	Adelle M	Showing persistence when using the iPad.
2J	Evie C	Helping fellow students in reading and maths
2J	Oscar L	Showing great effort in his writing.
2S	James L	Listening to the teachers at our excursion to Gould League Sustainability Centre.
3M	Said H	Trying hard to say on task and completing all his work. Well Done!
34J	Olivia T	Always listening to her teacher and peers
34L	Joshua L	Starting his work on time and working hard to complete it to the best of his ability. Keep at it Josh - you are rad!
34M	Salma A	Working well with others in class and speaking more regularly.
34T	Rebecca M	Always starting off the day with a positive attitude towards her learning.
45F	Kevin T	Showing kindness and thoughtfulness towards your peers. You are always ready to help others and build them up. Well done!
5C	Noah S	Using his research skills to locate and determine important information needed for his Food CBL project.
56P	Samira A	Samira is a respectful listener during whole-class teaching time and when working with her classmates! Well done Samira!
6T	Monique S	Working diligently on her cultural cookbook for her Deep Learning project. Well done Monique!
PE	Ruchi B-S	Always being eager to learn new things and for persisting with difficult tasks.

## Office News

Office Hours, 8.30am – 4.00pm Monday to Friday

### Chess Term 3

Please note that Chess Club will be capped at 20 students per class in Advanced and Beginners. Payments will be processed as they come in and once we have maximum numbers in each class no other students will be able to be enrolled in this activity and will need to wait until Term 4 to try and enroll again. As such, if your child wants to participate you will need to return their form as soon as possible. Please note, forms for Term 3 Chess Club have been distributed this week and extra forms are available from outside the office.

### 2017 Prep Enrolment

We are currently accepting our 2017 Prep enrolments. Please note, all applications are due next Friday 24<sup>th</sup> June. If you have a child due to commence school next year, please submit an enrolment form by this date. Should you know of a child due to start school next year, who lives in our enrolment zone (refer to the school website for details), please remind these parents to complete their enrolment form by the same date. Enrolment forms and Parent Information Handbooks are available from the office.

## OSHC Program

### RE: CURRICULUM DAY – MONDAY JULY 11<sup>TH</sup> 2016 (FIRST DAY TERM 3)

Please be advised that Flemington Primary School will be observing a Curriculum Day on this date. In order for Camp Australia to operate a program on this day, we need parents to register their interest online, via the parent's website at Camp Australia. Please note, a minimum of 18 students need to be enrolled for the program to go ahead on this day. If you are interested in your child attending this day please register your interest by Monday the 4<sup>th</sup> July. In order to confirm if the program is going ahead, please contact myself on 0403 740 181 by Wednesday 6<sup>th</sup> July and I will advise if we have the required numbers.

Karl Manua  
CAMP AUSTRALIA CO-ORDINATOR

All bookings, absences and payments need to be made through the Camp Australia website.

**Do not leave messages on the school answering machine.**

<b>Customer Service</b>	8.00am - 6.00pm Monday to Friday	1300 105 343
<b>Website</b>	<a href="http://www.campastralia.com.au">www.campastralia.com.au</a>	

## Assistant Principal's Report

Sandra McOrist

Just a reminder of the parking arrangements in Flemington Street. Please ensure that you obey the parking signs to ensure that you do not receive a fine.

### Parking Signs along Flemington Street



This sign is outside the school above the parking bays between the hours of 8-9am and 3-4pm you can only park there for 15 min only.



This sign is directly outside the school it is for a quick 2 min pick up and you cannot leave the car (just like at the airport).



This sign is above the first few bays on the school side of the kinder. It is for Permit holders only. Not for parent pick up, unless you have a permit.



These signs are directly outside the kinder it is 15 minute parking only between 7-9am and 4-6pm. You can park for 2 hours there outside



This sign is on Flemington Street opposite the school. During the hours between 9am-6pm you can park there for 1 hour.

## Music News

Vern O'Hara – E: [ohara.vern.a@edumail.vic.gov.au](mailto:ohara.vern.a@edumail.vic.gov.au)

### Mid Year Instrumental Concert

The mid-year Instrumental Concert will be held on **Wednesday 22<sup>nd</sup> June** from 6.30pm to approx. 8.30pm in the school Hall. All the school ensembles will be performing including:

**Junior and Senior Choirs, Junior and Senior Bands, Junior and Senior Strings and Junior and Senior Rock Bands.**

The Music Committee would like to request a call out to our fabulous bakers for the mid-year music concert. We'd love to receive some delectable cakes and biscuits (nut-free please) that can be sold on the night. These treats will keep everyone content and help the music department continue to thrive at Flemington Primary School. Any donations can be left in the canteen in the morning before school or straight after school on the day, in the canteen. Alternatively, drop them off in the foyer when you arrive. Thanking you in advance. (Please include details of ingredients on a sticker or post-it). Any questions, please contact Mary Koulbanis ([nickmary6269@bigpond.com](mailto:nickmary6269@bigpond.com)) or Helen Karras on ([karras.helen.h@edumail.vic.gov.au](mailto:karras.helen.h@edumail.vic.gov.au)).



**BAKE SALE**

## FPS Bicycle Recycle – Volunteers please

For your calendar:

Fridays  
17<sup>th</sup> / 24<sup>th</sup> June

Anytime between 8.20 to 9.30am  
and 3.30 to 5pm



It's just two Fridays to go before the end of term 2 and as always there are still lots of bikes to be fixed. We currently have a number of larger sized boys and girls bikes available so if your son or daughter needs a bike please don't hesitate to ask.

We'll be fixing bikes again this Friday before/after school and assistance from parents and students to fix bikes will be a valued and fun use of your time. You will find us at the "Bicycle Hospital" (next to the Science classroom) as per the dates/times above. Do you, your neighbours, friends or family have bicycles needing a new home? If so, please consider donating them to the school. If you would like a bike please don't hesitate to contact us. We can also assist with repairing your broken bike.

Bart Sbeghen – 0418 231 686 | Peter Hormann - 0408 773 837, [peter.hormann@bigpond.com](mailto:peter.hormann@bigpond.com)

## SRC News

Alex Taylor

### Pyjama Day

Thank you to all of the staff and students who participated in the annual FPS Pyjama Day.

It was a fun day seeing everyone walking around in their different Pyjama styles.

There was lots of color and laughs around the school.

A big thanks you for your generous donations to the State School Relief Fund.

We raised a total of \$424. A great effort by all!



## HUB News (FPS Parent's Association)

Lisa Madden. And Julie Lam  
 lisamadden67@gmail.com. julie.lam1@optusnet.com.au  
 0425834147 0414749383

Hello and welcome to another week of hub news

The term is nearly over with only one more week until the end of the term. We have some really fun social events planned for term 3. Watch this space for further details in next week's newsletter.

### Friday Canteen

This Friday after assembly we will be selling cinnamon donuts, popcorn and icy poles for \$1. Any queries or suggestions contact Julie (Julie.lam1@optusnet.com.au).

### Next Meeting

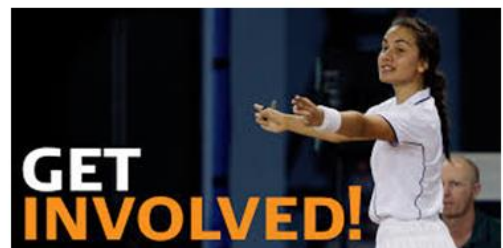
Next meeting to be held on Wednesday 13 July at 7.30pm at The Laurel Hotel, 289 Mt Alexander Rd, Ascot Vale. All Welcome.

If you have any questions, suggestions or would like to be on the hub distribution list please send an email to Julie at [Julie.lam1@optusnet.com.au](mailto:Julie.lam1@optusnet.com.au).

**\$5 FROM EVERY PAIR OF SHOES PURCHASED IS DONATED BACK TO YOUR SCHOOL**

Every time you purchase any pair of shoes from The Athlete's Foot, \$5 will be donated back to YOUR school. This applies to the whole family and across our entire footwear range, including school, athletic, work and casual shoes. There are no restrictions and it's unlimited. So spread the word!

## ARE YOU A BADGED NETBALL UMPIRE??



**GET INVOLVED!**

Flemington Primary has entered a team to compete in the 2016 Netball Victoria Schools Championship at the State Netball and Hockey Centre on the 25<sup>th</sup> August.

Teams play in a round robin format with the top teams advancing through to the finals day at the State Netball Hockey Centre where the State Champions are crowned. Trials and selection of the 5/6 mixed team will occur in term 3.

To be a part of the event our school needs to supply a badged netball umpire, to umpire the games on behalf of our school.

If you have a netball umpire badge and would be willing to take part, please contact Zoe or Fiona to let them know.

[lewis.zoe.e@edumail.vic.gov.au](mailto:lewis.zoe.e@edumail.vic.gov.au)

[themann.fiona.i@edumail.vic.gov.au](mailto:themann.fiona.i@edumail.vic.gov.au)

## Accredited Practising Dietitian

Pieta Cedaro

### A healthy lunchbox.

We all hear it as parents: the sandwiches were soggy, I wasn't hungry, I didn't have time! It can be a real challenge in a busy lifestyle to know what to pack in your child's lunch box especially if they are picky or small eaters. However a healthy lunchbox is essential for the following 5 reasons:

1. **Smart kids** –eating a balanced diet and improved cognitive performance.
2. **Active kids** – a healthy lunch will keep kids feeling energetic all day and avoid the afternoon slump.
3. **Healthy weight** – eating nutritious foods, and keeping processed foods to a minimum, will help ensure kids maintain a healthy weight.
4. **Good habits for life** – kids who eat healthily now are more likely to maintain healthy habits through adolescence and adulthood.
5. **Healthy bodies** – a balanced diet means healthy bones, teeth, immune function and countless other health benefits. Remember that one-third of their daily nutrient intake should come from lunchbox each day so it is important your child's lunch box is balanced so they get all they need.

### What should be in a healthy balanced lunch box?

- Fresh fruit, Crunchy vegetables, A protein rich food, Reduced fat dairy food or calcium rich alternatives, Wholegrain breads or cereals and Water

### Food suggestions for lunch boxes

- **Fruit** – best choices include fresh fruit and as a treat canned fruit in natural juice. Dried fruit is sticky and high in sugar, so have it occasionally. Best left out of the lunch box are fruit juices, dried fruit bars and 'straps', which are very high in sugar, low in fibre and stick to children's teeth causing tooth decay.
- **Vegetables** – try vegetable sticks with dip or a small container with mixed vegetables such as cherry tomatoes, carrot and celery sticks, capsicum and cucumber. Corn on the cob or roasted chick peas or fava beans are also a great way to give kids a savoury snack and vegetables all at once.
- **Low fat dairy or calcium alternatives** – include a small drink of plain milk popper or calcium enriched soy milk. Natural yoghurt is preferred with berries or other fruit for flavour or a small amount of honey and must be kept cool in an insulated lunch box. Best left out of the lunch box are 'dairy desserts' and flavoured milks, which are high in sugar.
- **Different wholegrain breads and cereals to add interest** – include a variety of bread alternatives, especially if children begin to lose interest in sandwiches. Try bread rolls, pita bread, flat bread/tortillas, bagels, English muffins, crumpets, crispbreads e.g. Ryvitas, Vita wheats, Scottish oatcakes, pumpernickel, rice cakes or corn thins. Often wholegrain wraps and wholegrain rolls become less soggy than white options too so can help to avoid this issue. Don't forget brown rice in a cold salad or in sushi roll or pasta or quinoa can make great alternatives too in salads or with vegetable rich sauces.
- **Vary the fillings** – fillings can include Vegemite/Promite, seed butters, cheese (try different types), tuna or salmon, egg, sliced cold meats, baked beans, grated carrot and lettuce, chopped roast meat with pickles or chutney, and avocado. Dips like eggplant, chickpea (hommus), yoghurt (tzatziki) or beetroot also make good spreads and can be a packaged alongside to avoid sogginess. Also keeping only the drier vegetables such as carrot, lettuce along with protein and a spread as a filling and other more juicy veg as the snack foods helps this too. Avoid chocolate spreads, jams and honey, and fatty meats like salami, devon and strasbourg.
- **Salty snacks** –avoid these and make your own homemade versions of reduced fat cheese cubes and quality wholegrain crackers. Try air-popped popcorn instead, wholegrain rice crackers or breadsticks (grissini) or dolmades or wholegrain crackers with healthy vegetable rich dips Processed cheeses and cheese dips, chips and 'oven-baked' savoury biscuits are just as high in salt and fat and are best avoided.
- **Muffins, cakes, sweet biscuits and bars** – try making your own low sugar wholegrain muffins and cakes using blueberries, banana, applesauce, carrot, zucchini, or pumpkin. Donuts, creamy cakes and sweet biscuits are best offered at birthdays and special occasions only. **Most commercial cereal 'bars'**, all chocolates and sweets are too high in sugar and often bad fats and are highly processed nutrient poor foods so should be avoided. Uniced wholegrain fruit bread or buns, scones or English muffins with dried fruit or a few pikelets are better options. A handful of sunflower or pumpkin seeds with a small handful of lower sugar commercial cereal such as Cheerios can be a compromise for children who like sweet biscuits.

### Food safety is important for a healthy lunch box so suggestions include:

- Choose an insulated lunch box or one with a freezer pack, or include a frozen water bottle.
- Follow hygienic food preparation methods. This is especially important when food will be stored in the lunch box for many hours before eating.
- Make sure all perishable items prepared the night before and stored in the fridge or freezer.
- Perishable foods such as dairy products, fish (unless in sealed can), eggs and sliced meats should be kept cool and eaten within about four hours of preparation. Don't pack these foods if just cooked. First cool in the refrigerator overnight.

Remember too that many children may prefer to play with friends instead of eating. Encourage your child to sit and eat before heading out to play, or talk to your child's teacher about making sure all children get a chance to eat enough before play starts. Making food interesting by serving a variety of colourful whole foods that are easy to eat will increase the likelihood it won't come back home.

# Parenting *ideas* INSIGHTS



*Building parent-school partnerships*

WORDS Jenny Brockis

## Why effective learning starts with a good night's sleep

Sleep is an active phase of the learning process, which is why as parents the single most important thing we can do to help our kids be more effective learners is to ensure they get enough sleep.

During sleep the brain is very busy replaying the day's activities extremely fast, picking out the key items it believes are most relevant for long-term storage in our memory banks, and tossing out the rest.

The amount of sleep children require varies with age and they require more sleep than adults. In primary school the recommendation is between 10 and 11 hours per night. High school students need around 9 hours to function at their best. The challenge is how to fit everything into the school day along with homework and extra curricular studies such as sport, music and drama, have enough down time to chill and relax, and get enough sleep.

The best way to learn anything is to study the topic hard for a period of time and then go to sleep for 8 hours. While this may not be practical in our every day lives, the principle is pay attention to what needs to be learned and then use sleep

to consolidate memory and deepen the understanding of the subject.

Talking with your child can help them understand why sleep is so important, not just to help with their studies but also to manage their emotions more easily. Anxiety or worry about academic performance, friendship issues and generally keeping up with everything can interfere with sleep, as can receiving text messages or snap chats during the night.

Our children spend many hours engaged with technology to help them study and for social connection. All these gadgets emit a blue light that fools the brain into thinking it is still daytime. Because the brain needs 2-3 hours to wind down and prepare for sleep, switching off the laptop or tablet late at night and then hopping into bed means it will be much harder for your child to then fall asleep.

The most effective way to study for a test is to space the learning. This requires studying the subject for a period of time and then putting it to one side to do something else. Later that day test recall of the subject by jotting down just the key

points. Those that have been forgotten can be quickly revised. Repeating this process with increasing lengths of time between self-testing is an excellent way to strengthen memory because it makes the brain work harder to recall the information. This method has been shown to be far more effective than rewriting or highlighting notes.

Getting sufficient sleep ensures the brain is fully rested and refreshed to study more effectively. A tired brain finds it harder to concentrate, focus, remember or learn. Feeling grumpy or irritable doesn't help either!

The temptation to stay up late and cram for a test or exam can be strong, especially if others are doing it. Encouraging your child to get a good night's sleep instead means their brain will be far better prepared to enable them to deliver their best the next day. Trying to stuff more facts into a tired brain just leads to feeling stuffed, which isn't helpful to anyone and not worth the one or two extra marks they might have been hoping to gain.

more on page 2 >>



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at [parentingideas.com.au](http://parentingideas.com.au). You'll be so glad you did.





## Parenting *ideas* INSIGHTS

Building parent-school partnerships

### ... Why effective learning starts with a good night's sleep ...

#### Helpful tips to assist your young person to get enough sleep

- 1 Keep to a regular sleep schedule for both going to bed and getting up. It can be tempting to sleep in over the weekend, but while getting an additional hour or so can be helpful to pay off some sleep debt, spending longer than that is counterproductive as it further disrupts the normal sleep pattern.
- 2 If they are tired, suggest kids start going to bed 10 - 20 minutes earlier each night. It may not seem like much but can quickly start to make a difference to daytime alertness and wellbeing in just a few weeks.
- 3 Encourage daily physical activity. Some kids are naturally sporty but if your child dislikes exercise, suggest they go for a daily walk for 20-30 minutes or engage in an activity such as dancing. Movement primes the brain for better learning, reduces stress hormones, enhances mood and wellbeing and helps us all sleep better.
- 4 Many young people use their mobile phones as an alarm clock. If so, they can switch it to silent so messages from friends won't wake them during the night. Or buy them a clock so they don't need their phone at all!
- 5 There are a number of apps such as f.lux that will change the display light on computer screens to yellow, which doesn't impact the brain disrupting sleep patterns.

Sleep is essential to better brain health and performance, which is why getting enough sleep is never negotiable.

*Jenny Brockis*

*Dr. Jenny Brockis is the Brain Fitness Doctor. She speaks and writes about brain health and performance. Her new book Future Brain: The 12 Keys to a High Performance Brain is available online and at all good bookstores. [www.drjennybrockis.com](http://www.drjennybrockis.com)*



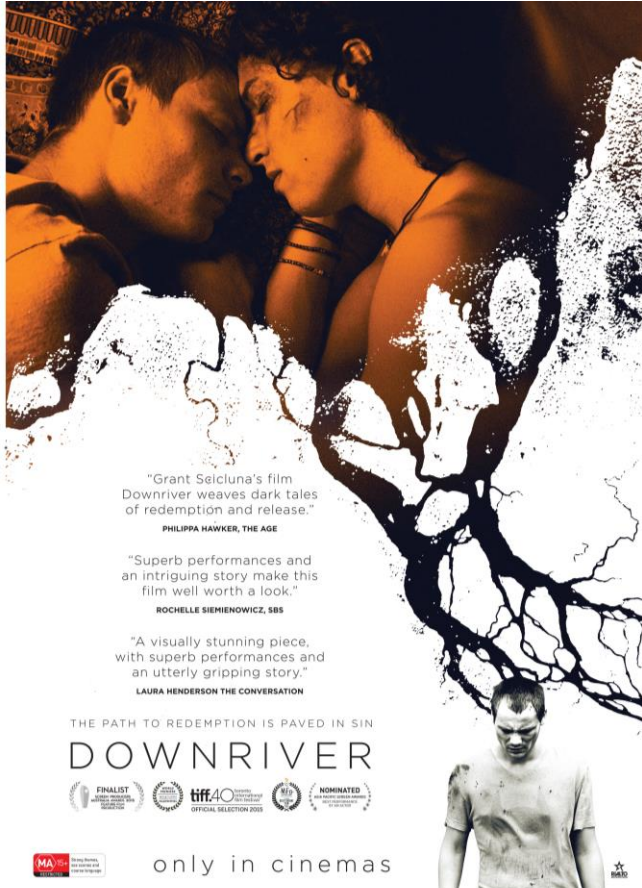
Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at [parentingideas.com.au](http://parentingideas.com.au). You'll be so glad you did.





**Community News**

Downriver is a movie produced by one of our Flemington PS parents and stars one of our students, Oliver A from 1A. Please note that this movie is rated MA for Adults only.



"Grant Seicluna's film Downriver weaves dark tales of redemption and release."  
 PHILIPPA HAWKER, THE AGE

"Superb performances and an intriguing story make this film well worth a look."  
 ROCHELLE SIEMENOWICZ, SBS

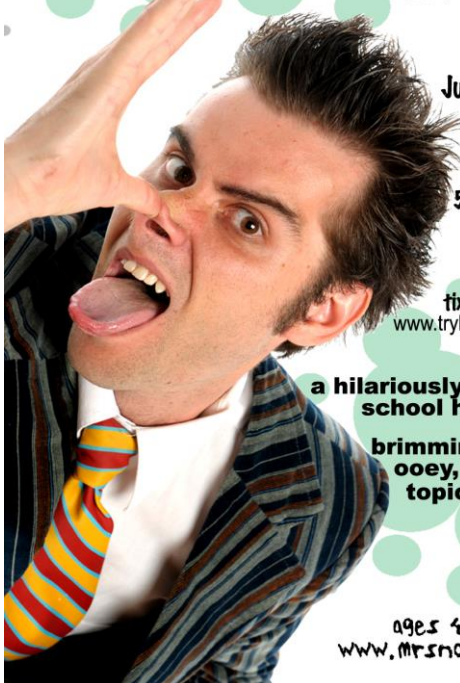
"A visually stunning piece, with superb performances and an utterly gripping story."  
 LAURA HENDERSON THE CONVERSATION

THE PATH TO REDEMPTION IS PAVED IN SIN  
**DOWNRIVER**



only in cinemas

**Mr. Snot Bottom's**  
 stinky, silly show!  
 "kiddy stand up at it's best!" ★★★★★  
 The Advertiser



June 25 & July 2

1pm

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 522 Flinders St, City

fix \$7.50 - \$10  
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a hilariously deesgusting school holiday show!

brimming with all the ooey, gooey, yucky topics kids love!

ages 4 and up  
[www.mrsnotbottom.com](http://www.mrsnotbottom.com)



**DAN DONNELLY TENNIS COACHING PROGRAMS**  
 Royal Park T.C. (cnr Park St & The Avenue, Parkville/Brunswick)

**SCHOOL HOLIDAY TENNIS CLINIC**

Monday July 4 - Thursday July 7  
 (2nd week of school holidays - Mon-Thurs)

2nd school term finishes Friday June 24. Parents, this clinic is the perfect school holiday activity. Please note, no fees are payable until July 4. The clinic is available for all ages and playing standards.

Format 1	9am - 12.30pm	(Mon to Thurs)	\$190
Format 2	9am - 3.00pm	(Mon to Thurs)	\$290

8.30 am drop-off available.

**All bookings, call or text 0408 991 700**

Bookings for 3rd term Tennis Coaching Programs now being taken  
 (Pee Wee Tennis / Junior Coaching / Adult Coaching)

Check out the new website!  
[www.dandonnelytennis.com](http://www.dandonnelytennis.com)

Regards  
 Dan Donnelly,  
 Club Coach  
 Royal Park T.C.



Confidence Communication Skills Creativity

**superspeak**



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- ★ confidence
- ★ leadership
- ★ persuasion
- ★ vocal variety
- ★ diction



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[info@SuperSpeak.com.au](mailto:info@SuperSpeak.com.au)  
[www.SuperSpeak.com.au](http://www.SuperSpeak.com.au)

Register for a **FREE** trial Drama Class  
on Mondays at Flemington Primary School Hall

Prep to Yr 2      3:30 to 4:30 pm  
Yrs 3 to 6        4:30 to 5:30 pm

**Inviting: Years 3 to 6**

Would you like to be part of an ensemble  
to perform at the  
Williamstown Mechanics Institute Theatre in Term 4?

We offer FUN classes with the focus on  
developing children's confidence through  
performing as well as developing their  
imagination and creativity.  
We cater for all levels  
and no experience is needed.  
Seniors will perform at  
The Williamstown Mechanics Institute  
Theatre in term 4  
Register your child for a  
free trial class on our website

[www.kidsupfront.com.au](http://www.kidsupfront.com.au)

phone 1300 821 828



[viccric.com.au](http://viccric.com.au)  
**WINTER SPORTS 2016**

OFFERING THE ONLY CLINICS  
THAT RUN ALL THE WAY TO  
THE SEPTEMBER AFL FINALS!

**FINISH OFF  
YOUR AFL  
SEASON WITH**

**Vic FOOTY**

**GET READY  
FOR A-LEAGUE  
WITH**

**Vic SOCCER**

**LOYALTY DISCOUNT AVAILABLE!**

- Fun clinics in a safe and non-competitive game environment.
- Boys & Girls at Beginner, Intermediate & Advanced levels, age 4 - 12
- 55 minute tuition throughout the school term
- FEE: \$110 per child, including a gift! Certificates are awarded to all players upon completion and a trophy is presented to those who have completed 4 or 8 seasons of the same sport.

**ENROL NOW!**

Saturday morning clinics run during the school term and involve 65 minutes of personalised tuition. There is an age and skill appropriate curriculum focus on the fundamentals of the games, as well as an encouragement of social interaction to build skill levels and grow self esteem. AFL and Soccer will be offered at the Strathmore Venue for Adults in 2016. Each session comprises of 30-40 children, divided into six groups, ensuring (approx) on coach to ten players.

<p><b>SESSION TIME</b> Please arrive at your selected time on Saturday 23rd July unless otherwise notified.</p> <p><b>FOOTY</b> 9-11am <input type="checkbox"/></p> <p><b>SOCCER</b> 10-11am <input type="checkbox"/></p>	<p><b>FREE GIFT</b> (please select one)</p> <p>Soccer ball <input type="checkbox"/></p> <p>Vic Cric hat <input type="checkbox"/></p> <p>AFL Club ball <input type="checkbox"/></p> <p>club: _____</p>
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**METHOD OF PAYMENT**  
Pre-pay **CHEQUE** (to secure your place) please mail with completed application form to VIC CRIC, 28 SPENCER ST ESSENDON, 3040.

OR  
Payment on first day of clinic, **JULY 23rd 2016, CHEQUE/CASH**

Please note that registration and payment must be completed before commencement of clinic.

**TOTAL AMOUNT \$** \_\_\_\_\_  
Please make all cheques payable to Vic Cric

**Participant's information:**  
Name: \_\_\_\_\_  
DOB: \_\_\_\_\_ Clinics previously completed: \_\_\_\_\_  
Parent/Guardian Name/s: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Email: \_\_\_\_\_  
Current Primary School: \_\_\_\_\_

I do  do not  give permission for my child to be photographed and for photos to appear on Vic Cric Social Media.  
Parent/Guardian Signature: \_\_\_\_\_

Family discounts apply as well as combination discounts for 2 disciplines. Ask VIC CRIC team for more information. Disclaimer: Children play at their own risk. Vic Cric Pty Ltd accepts no liability.

Flemington Theatre Company presents  
The Fleming-TEENS in

**WHEN I GROW UP**

directed by Jennifer Monk

**FREE PERFORMANCE**  
Sunday 26th of June at 7.30pm

St George's Anglican Church  
Cnr Baroda & Lucknow Sts  
Flemington

performed by  
**Caitlin Marshall-Pearson,  
Loegan Alliex, Indya Williams,  
Darcy Longfield  
& Amelie Papadimitriou-Dickie**